



FRIDAY NIGHT FACTS

Office of Faith-Based and Community Initiatives

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Welcome to Friday Night Facts ! When opportunity knocks, you should be ready to respond. This week's issue of Friday Night Facts is knocking at your door with several opportunities. By taking advantage of the challenges to make a difference in this issue, you can help a young person become healthier, bridge the digital divide with a new computer, mentor a young person about the advantages of a college education and prepare for a pandemic flu. Everyday each of us are challenged to take on a new opportunity...don't let that opportunity pass you by. Be prepared to say yes and make a difference in your life or in the life of someone else.

FREE...FREE...GRANT INFORMATION SESSION...FREE...FREE
Tips For Writing the 2006 Communities Engaging Youth Grant

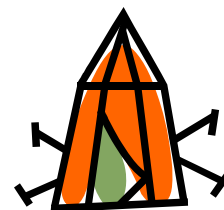
The Office of Faith-Based and Community Initiatives (OFBCI) and Indiana Youth Institute will be hosting a free grant information session to address concerns, answer questions and provide grant guidance to potential applicants for the **2006 Compassion Capital Communities Empowering Youth Program Grant**, on Thursday, June 15, 2006, from 9 to 10:30 AM. This informative session will be held at the Indiana Government South Conference Center, Room "A" at 302 West Washington Street, in Indianapolis.

This event is free of charge, however registration is **required**. Organizations can register by sending an email to rsvpl@ofbci.in.gov by close of business on Wednesday, June 14th with the following information: (1) Name of organization; (2) name of principal contact; (3) email address; (4) contact number; and (5) number of attendees.

Similar meetings are being arranged for the South Bend and Evansville areas. Information about these two events will be included in upcoming issues of Friday Night Facts. If you need any further information, please call 317-232-2503.

Wellness Camp being offered by Jameson Camp

Jameson Camp will offer a special Wellness Camp this summer, combining all the fun of traditional summer camp with an emphasis on healthy lifestyle and positive choices in nutrition and exercise. The nine-day residential camp for ages 8 to 11 will be offered July 5-13, 2006.



Jameson Camp, on the west side of Indianapolis, has been concerned with children's health since its founding in 1928. American Camp Association research indicates that camp is a special environment to promote changes in attitudes and behaviors. Jameson will utilize a distinctive camp design to foster positive attitudes about health and nutrition, model good choices, and encourage new disciplines and behaviors. Follow-up events and special sessions for parents will reinforce the camp's lessons.

For more information about the Wellness Camp and Jameson Camp's full range of programs, contact Sherri Brown, Program Director, at 241-2661 or at sherri@jamesoncamp.org.



AT&T Foundation Launches 2006 AT&T Excelerator Grant Program

SUMMARY: AT&T Excelerator is a major philanthropic initiative that helps nonprofits fully integrate technology into their ongoing operations and community outreach. AT&T Excelerator grants also help nonprofit organizations put technology tools into the hands of the underserved populations they work with, providing resources such as Internet access, computer training, math and reading programs, and job-skills development.

ELIGIBILITY: To qualify for a grant, applicants must be a 501(3)(c) nonprofit organization that emphasizes education, community development, health and human services, or arts and culture. Grant funds may be used for data communications services, hardware, software, technology training, personnel, and application development. In addition, no less than 50 percent of project grant funds must be used to target underserved populations, including racial and ethnic groups, low-income populations, seniors, or disabled persons. Nonprofit organizations located in the following states: Arkansas, California, Connecticut, Illinois, **Indiana**, Kansas, Michigan, Missouri, Nevada, Ohio, Oklahoma, Texas, and Wisconsin.

DUE DATE: **July 5, 2006**

AMOUNT: The 2006 AT&T Excelerator grant program will award a total of \$6.1 million in competitive technology-related grants, with individual grants ranging from \$2,500 to \$25,000. Collaborations by two or more organizations will be considered for grants of up to \$50,000 for one year.

CONTACT INFORMATION: <http://www.att.com/foundation/>

College Mentors for Kids needs YOU!

Are you interested in exposing elementary children to higher education and careers, culture and diversity, and community service? Do you want to support college students in serving their community and building valuable leadership skills?

College Mentors for Kids Inc., is a one-of-a-kind mentoring program that accomplishes all this and more, creating a path to college by matching community needs with university resources. The program pairs at-risk first- through fourth-grade youth with a college student mentor, bringing the children to the college campus for two hours a week throughout the academic year to participate in structured, substantive activities designed to yield specific results regarding youth development and educational achievement. College Mentors for Kids inspires children to succeed academically by engaging college students as mentors and connecting these buddy pairs to the resources of the university. As they celebrate their 11th year of service, they are proud to say that what began as a student organization serving 20 children on one campus has expanded into a statewide initiative, with active chapters on 19 campuses throughout Indiana and Illinois. Today, they serve over 700 at-risk children and 850 college student volunteers. This is an exciting time of growth and change for College Mentors for Kids, as the board and staff complete a three-year strategic plan that includes strategic program expansion and increasing our impact on at-risk youth beyond fourth grade.

Opportunities for involvement abound, from one time volunteer projects or serving as a career mentor, to committee or board membership. To learn more about College Mentors for Kids and how you can get involved, please visit www.cmfk.org or contact Kelly Frank at 317-921-1798.



Pandemic Flu Prep

"Stop the Spread of Germs" is the final segment in our informational series. If you would like further information, please visit <http://www.pandemicflu.gov>



Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.

Take care to:

- Cover your mouth and nose when you sneeze or cough
- Clean your hands often
- Avoid touching your eyes, nose or mouth
- Stay home when you are sick and check with a health care provider when needed
- Practice other good health habits

Cover your mouth and nose when you sneeze or cough: Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

Clean your hands often: When available, wash your hands – with soap and warm water – then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs.

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using a gel, rub the gel into your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that causes colds and the flu.

Avoid touching your eyes, nose, or mouth: Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

Stay home when you are sick and check with a health care provider when needed: When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed. Your employer may need a doctor's note for an excused absence. Remember: Keeping your distance from others may protect them from getting sick. Common symptoms of the flu include: **fever (usually high); headache; extreme tiredness; cough; sore throat; runny or stuffy nose; muscle aches; and nausea, vomiting and diarrhea** (much more common among children than adults).

Practice other good health habits: Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing healthy habits will help you stay healthy during flu season and all year long.